

FOR IMMEDIATE RELEASE: March 25, 2004

THE EYES HAVE IT! March is 'Save Your Vision Month'

As part of "Save Your Vision Month" the California Board of Optometry is encouraging consumers get the most from their next visit to the eye doctor.

Eye doctors can tell a lot about your general health just by looking into your eyes. An optometrist can sometimes be the first medical professional to spot diseases like diabetes and glaucoma that can lead to blindness and other major medical issues. Regular eye exams are also important for children, to identify problems before they become more serious.

Don't be afraid to ask questions or request information. Here are some additional tips from the Board:

- Most consumers have a choice about where to purchase eyeglasses or contact lenses.
- Your eye doctor is required to give you a copy of your eyeglass prescription following your examination.
- Most contact lens wearers can also get a copy of their prescription upon completion of the eye exam or the contact lens fitting process. The fitting process may require an additional fee. Prescriptions for certain specialty contacts, such as rigid gas permeable lenses, don't have to be released.
- Always ask about the fees and office policies before making your appointment, including contact lens fitting sessions.
- Always bring your old glasses with you to see how they are working, or to see if the lenses can be replaced with your new prescription.

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Before you make an appointment with your eye doctor, contact the Board of Optometry to verify the status of the doctor's current California license. This service is available by calling (800) 547-4576 or by checking the Board's Web site at www.optometry.ca.gov.

The California Board of Optometry is part of the California Department of Consumer Affairs. The board licenses and regulates more than 5,300 Optometrists. You can visit www.optometry.ca.gov for a variety of consumer resources, including publications, forms and general information.

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